OTTAWA metro®

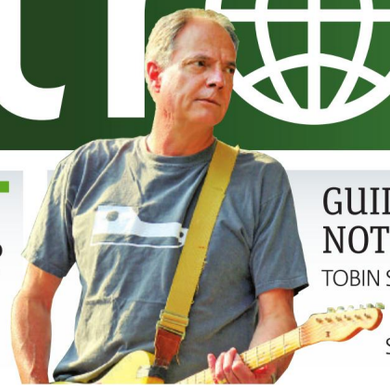
NEWS WORTH SHARING.

Arrest made in Calgary case

Airdrie man is to face murder charges in disappearance of boy and grandparents PAGE 6

Thumbs up for campaign vids?

Bay Ward candidate's quirky YouTube videos grabbing attention PAGE 3



GUIDED BY VOICES NOT GOING SILENT

TOBIN SPROUT ON HIS RETURN TO THE PROLIFIC BAND, NEW ALBUMS AND FAN FAMILY SINGALONGS PAGE 10

NO HAIR BANDS

LIVE 88·5 FM

BREW BOOM OR BUBBLE?

Ottawa has a burgeoning microbrew industry, but can one capital city sustain all these new suds? Story, page 4. TREVOR GREENWAY/METRO

Cancellation 'wrong' for city: Orgaworld

Green bin contract. GM urges city not to break things off

LUCY SCHOLEY
lucy.scholey@metronews.ca

Days after a damning audit blamed senior staffers for mismanaging the city's Orgaworld contract, the composting company is asking the city to not sever ties.

"Cancelling the contract is the wrong thing for the city to do and would be very expensive," Orgaworld acting general manager Dale Harley said in a press release sent out by his firm on Monday.

"Instead, we should work together with the intent of refining the program to increase participation rates, promote waste diversion from landfills and deliver a more cost-effective solution to the city's taxpayers."

Last Wednesday, auditor general Ken Hughes presented his internal audit of the handling of the Orgaworld contract, which found $8 million in "unnecessary costs" paid to the company, plus $1.7 million in legal fees for the arbitration.

The Orgaworld press release said that the audit was one that looked at city hall and was not an audit of the company. Hughes interviewed the company at the last minute and only toured the facilities in Ottawa and London for "background purposes," the company alleged.

Hughes said cancelling the contract would cost up to $10 million. However, if the city signed on with a green-bin program similar to that in Gatineau — the Quebec city contracted Lafleche for the composting job — it could save $30.7 million from 2016 to 2029.

In 2007, Orgaworld was awarded a contract to process a minimum of 80,000 tonnes of kitchen waste per year. However, the city sent just 21,000 to 57,000 tonnes of compost. Orgaworld disputed whether yard and leaf waste should be included — which led to an arbitration process that the city recently won. The company must now process the waste.

In the press release, the company said it was "surprised and disappointed" by the ruling because it "did not actually clarify the working relationship going forward."

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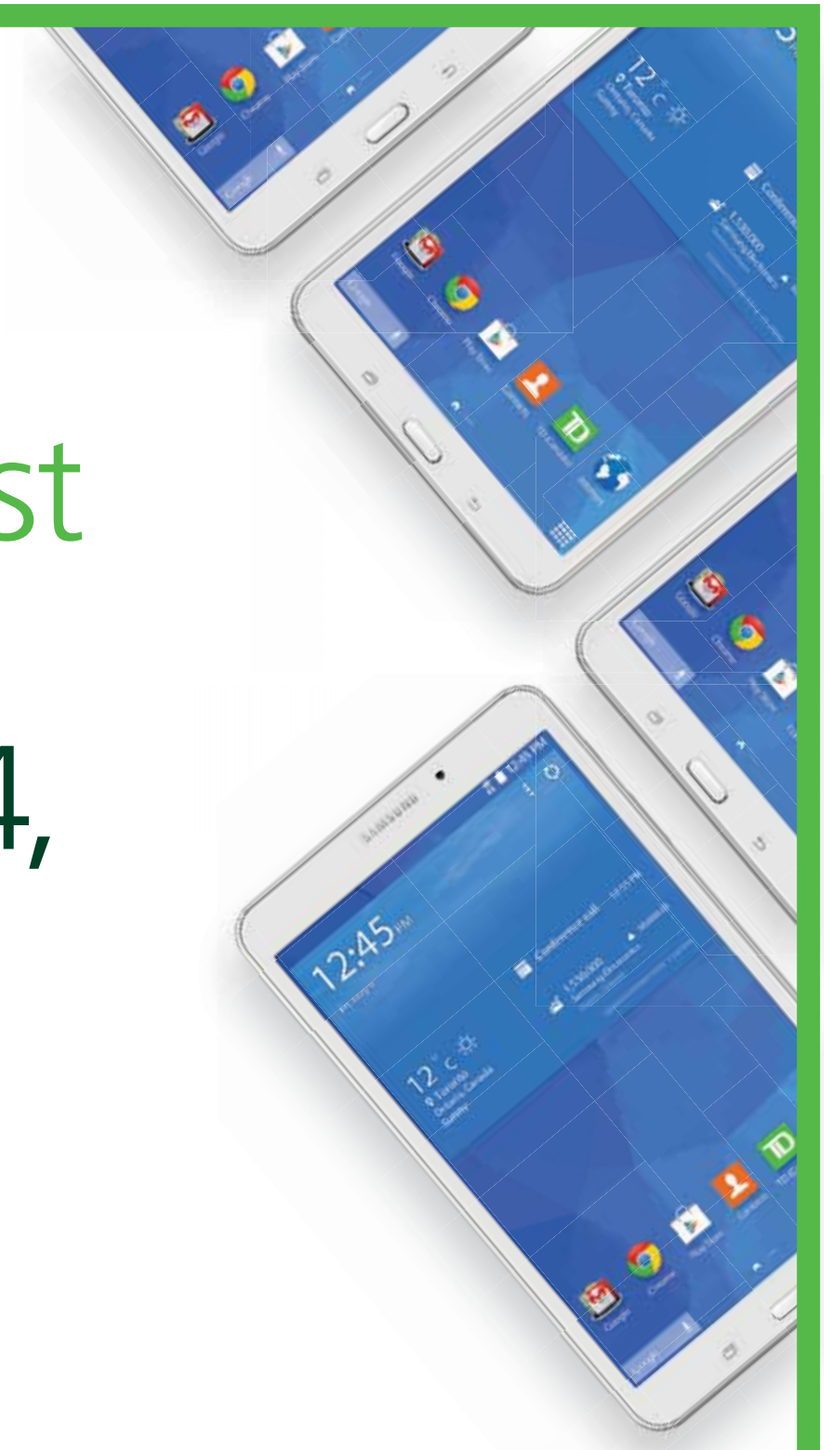

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Can Internet humour win at the ballot box this fall?

Vote. New candidate says he really won't 'crush Poland' if elected in Bay Ward

TREVOR GREENWAY
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Candidate for Bay Ward Brendan Mertens' quirky videos are getting attention online. SCREENGRAB

Brendan Mertens doesn't really want to "crush Poland" as he suggests in his Ottawa City Council campaign video, nor does he think Bay Ward needs 24-hour bear surveillance, but the 29-year-old is certainly getting people's attention.

Mertens just filed his candidacy papers Monday, and his quirky campaign videos quickly caught the attention of reporters on social media.

The young candidate pokes fun at the city's green-bin fiasco, which cost taxpayers $8 million in "unnecessary costs," and suggests it would be equally outrageous to "waste money" on 24-hour bear surveillance. Other campaign videos suggest that 9/11 was an inside job and that, if elected, he will "crush Poland."

It's a chance for him to reach out to the younger generation of potential voters — something he says is key to his success.

"You have got to make it entertaining. You have got to get this new generation out to vote," Mertens told Metro, making it clear that his Poland remarks were only a joke.

"One way to get change is sort of be radical in that sense. In the community that I am in, I know the audience, and having my background growing up, I know that I would be able to help out within the community and build a new Bay Ward for the next generation."

That background he speaks of: growing up with a mother with cerebral palsy and a father with dementia. Mertens is a healthcare professional who works with dementia patients and wants to help seniors in the ward gain better access to city services.

To win, Mertens will have to beat out incumbent Mark Taylor, former NDP provincial candidate Alex Cullen and George Guirguis.

Ottawa heads to the polls Oct. 27.

'Love locks' not a threat to bridge: Prof

A University of Ottawa professor says love-struck couples should not worry about damaging the Corktown Footbridge with "love locks," even though locks fastened to a famous bridge in Paris caused a partial collapse last month.

It's a trend made famous in Europe: pedestrian bridges covered in padlocks, put there by couples to symbolize their everlasting love for each other before tossing the key into the water.

However, the weight of the locks on the historic bridge in the city of love caused part of the railing to collapse inward, and French police temporarily shut down part of the bridge.

Can the same thing happen on the Somerset pedestrian bridge near the University of Ottawa? Not likely, according to Murat Saatcioglu, a professor of structural engineering at the university.

Pedestrians walk past several 'love locks.' JOE LOFARO/METRO

Assuming each padlock would weigh about 250 grams and covered every inch of the railing, "that could bend the bar and put a permanent deformation, but that's certainly not enough to cause failure in the railing," said Saatcioglu.

That's because the metal railing on the Ottawa bridge is a lot stronger than the wire mesh panel used on the Pont des Arts in Paris, said Saatcioglu. With the weight of the locks hanging on the mesh wall, a strong gust of wind likely was too much for the mesh to handle, he suspects.

However, he is concerned about the potential for the locks to detach themselves and fall on passersby below due to water getting inside and freezing. He suggested the City of Ottawa look into the potential safety hazard.

JOE LOFARO/METRO

Opposition warnings

Provincial budget — take two

Ontario's newly elected Liberals steamrolled ahead Monday with the same big-spending budget that triggered the June 12 election, despite opposition warnings that the $130.4-billion plan will trigger a downgrade of the province's debt rating and lead to massive public-sector job cuts.

Spending is forecast to jump by $3.4 billion this year, $900 million more than projected in the 2013 budget, with program spending expected to climb to $119.4 billion. That will push up the deficit to $12.5 billion this year, but the Liberals insist they'll balance the books in 2017-18.

"Ontarians gave our government a strong mandate to implement the budget and the plan that we took to the people," said Finance Minister Charles Sousa.

The Liberals promise to spend $130 billion on infrastructure over a decade — including $29 billion for public transit and transportation projects — $2.5 billion in corporate grants to lure and keep businesses in the province and $1 billion to build a transportation route to the Ring of Fire mineral deposit in northern Ontario. THE CANADIAN PRESS

On the web

For more news, go to metronews.ca

Laperrier Avenue

Autobody mishap sends man to hospital

A 42-year-old man was pinned beneath a heavy lift on Monday at an autobody shop on Laperrier Avenue, sustaining critical leg injuries.

First responders arrived on scene to the accident at 12:30 p.m.

The man was taken to hospital in serious condition. METRO

200th anniversary

Treaty of Ghent garden unveiled

Mayor Jim Watson and Belgian ambassador Jan Briers unveiled the Treaty of Ghent Rose Garden at Ottawa City Hall, a commemorative garden that marks the 200th anniversary of the treaty that ended the War of 1812. The treaty ending hostilities between England and the U.S. was signed Dec. 24, 1814 in the Belgian city of Ghent. METRO

Just beer with us: Ottawa hopping with local craft breweries this year

Keeping it bottled up. Prohibition-themed 'nano-brewery' the latest in the city's booming suds scene

LUCY SCHOLEY
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Marc-André Chainey is opening Waller St. Brewing, a 1930s prohibition-era themed microbrewery, in August. LUCY SCHOLEY/METRO

When Waller St. Brewing opens later this summer, it will be one of two new microbreweries in Ottawa's downtown core alone.

The new "nano-brewery," run by engineers Elie Dagher and Marc-André Chainey, has a 1930s prohibition-era theme and promises alternatives to the neighbouring LCBO and Beer Store.

Waller St. Brewing is among several local brewers opening in Ottawa this year. It's a mini microbrewery boom that's part of a bigger North American trend, according to beer experts.

Katy Watts hopes it will stick here.

"Each microbrewery has their own, individual style," says the co-founder of the Ottawa Beer Events blog. "Some of them — I can't speak to whether or not they're all going to be around forever — but some of them have some really solid beer coming out and they're doing something different."

Watts says when she first moved here about nine years ago, Beau's was the most popular microbrew option, but now there are craft ale facilities in the east and west ends of the city.

Beer expert and Algonquin College instructor Geoffrey Skeggs says although the industry is a "tough slog," Vankleek Hill brewery Beau's has made opening a microbrewery "look easy," which could be why more microbreweries are popping up.

But ask him to invest in a craft beer shop and he will likely decline. It's expensive to start up — a smaller nano-brewery could cost $50,000, but you will more likely invest 10 times that, he says — and he argues Ottawa's market is already "overcrowded."

"I'd hate for us to lose any of the craft brewers, but the fact is there's more, unfortunately, than what Ottawa can currently support," he says, noting that LCBOs don't have room for all the craft ales.

Chainey says they are hoping to keep production small-scale at Waller St. Brewing, with bottles available in the retail shop and on tap upstairs at Lunenburg Pub and at Hooch Bourbon House.

He says there's room for all the local ales and that the microbrews will sate the thirst of craft-beer lovers seeking new hoppy drinks.

"I think what the craft brewing scene really brings is diversity and it's really telling people, 'Get out there, try different things, buy the beer you like,'" says Chainey. "There's a lot of beers out there; there's a lot of different ways to brew, and everyone is trying their own little thing.... They're not brewing the beer that's gonna sell. They're brewing the beer that they like."

Waller St. Brewing is due to open in August.

Quoted

"They're not brewing the beer that's gonna sell. They're brewing the beer that they like."

Waller St. Brewing's Marc-André Chainey, who says there's room in the city for all the local craft brews

Karl Wolf returns to Ottawa for 24th Lebanese Festival

George Hanna is bringing a little bit of Beirut back to Ottawa this week with the launch of the 24th Lebanese Festival.

The festival chairman is putting the final touches on this year's event, which will feature Karl Wolf performing on opening night Wednesday outside the St. Elias Cathedral on Ridgewood Avenue.

A new addition to the festival will be a full-serve, licensed restaurant serving up traditional Lebanese food such as chicken skewers, kafta and shish taouk — and plenty of the shawarma Ottawa is famous for.

In addition to Lebanese cuisine, festival-goers will also be able to enjoy shisha in the Beirut lounge, catch live shows from Lebanese-Canadian performers and midway games and rides for kids.

Karl Wolf is scheduled to perform at the Ottawa Lebanese Festival on Wednesday. MORGAN MODJESKI/METRO

Hanna says he is looking forward to Wolf returning to the festival this year because he tends to draw a large crowd on opening night. Last year the five-day event drew more than 30,000, and Hanna wants to exceed that number this year.

"We always have the best crowds. Every year it seems to get bigger and bigger because his popularity is growing," said Hanna. "It's great for the festival. He donates all his time to the festival and has always been supportive."

For more information, visit ottawalebanesefestival.com.

JOE LOFARO/METRO

Local author publishes horror thriller inspired by Cornwall childhood

Town & Train. Ottawa writer James K. Moran first wrote the book at just 17 years old

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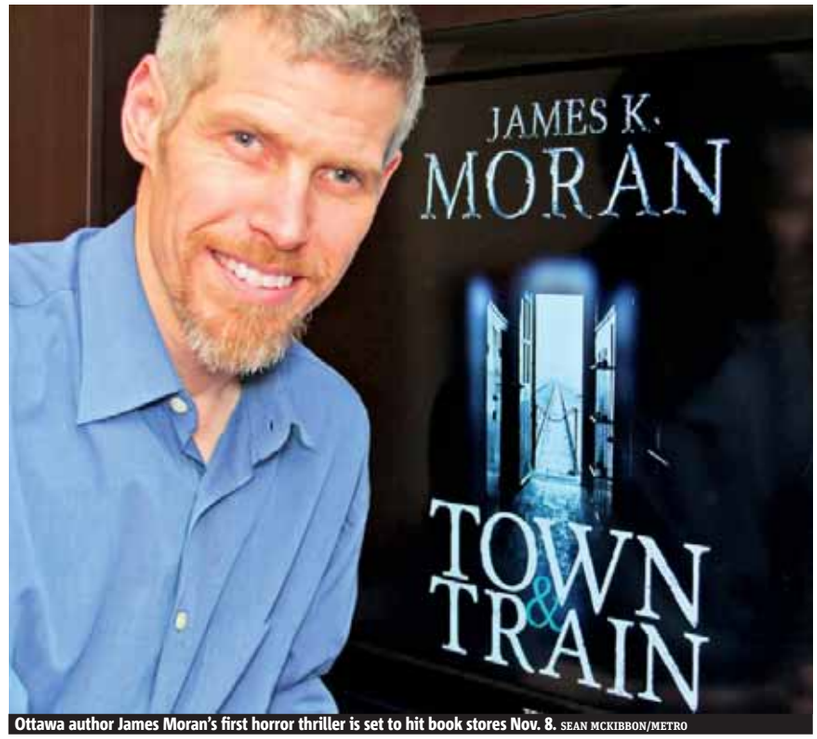

Ottawa author James Moran's first horror thriller is set to hit book stores Nov. 8. SEAN MCKIBBON/METRO

It's the summer of 1990, and John Daniel has no idea why he woke up on the local railroad tracks.

When a mysterious steam train pulls into town, the teenager tries to piece together what is going on, and things don't get much easier for him.

That's the story local author James K. Moran is telling in his first-ever published novel, Town & Train — a horror mystery that was inspired by Moran's childhood in Cornwall.

"Where I grew up in Cornwall, it was a paper mill and a hockey town," said Moran.

"I was haunted by the sound of train whistles, because railways run through the town. I sat down and wanted to write about basically a train, and it became instead a story about people in this town and a train."

Moran first wrote the book when he was just 17. Nine drafts and two decades later, it's set to be published this November.

It's a story about small-town life — the good and the very bad — centred on 17-year-old Daniel and a local cop recently transferred from Toronto. Both characters don't fit in with their respective social groups and both try to unravel the ongoing mystery.

"(Daniel) is trying to figure out what he was doing out by the railroad tracks because he has never sleepwalked before," says Moran.

"It turns out to be more sinister than he thinks. No one really understands what this train is about or what it is."

Through detailed storytelling, Moran depicts life in a small town going through a recession — and the "terrible villains" that emerge when a mysterious conductor promises residents of the dying town a way out.

Town & Train hits bookshelves Nov. 8 on Lethe Press.

From printer to plate: Tech company giving gardening new dimension

Green-thumbed urbanites, how does your garden grow?

With fertilizer, water and … a 3D printer?

It's not a typical tool in a gardening kit, but Ottawa tech company 3Dprintler is using the production machine to grow organic veggies on an apartment patio.

The company has created 3Dponics, a free, 3D-printable hydroponics system that gardeners can use to build a balcony ecosystem.

All it takes are a few empty plastic bottles, a nine-litre water jug, a bamboo stick, an air pump, zip ties and a rubber tube. 3Dponics provides the plastic sprinkler head, clips, conduit and drip nozzles.

It takes less than 20 minutes to build the entire system, the company says. When it's finished, it stands upright with the water pumping up to the top and slowly dripping down to the plants. It's geared toward anybody lacking a green thumb and is fairly inexpensive. The most costly component, an aquarium air pump, can be bought almost anywhere for less than $20.

Michael Golubev, the creative director of 3Dprintler, hopes his idea will ease gardening for urbanites but also help solve food-security issues.

3Dprintler has launched a Kickstarter campaign to fund a community website where people can register and download the files.

Golubev says 3Dponics is already growing. HP has contacted his company about the plan. LUCY SCHOLEY/METRO

3Dponics provides gardeners with a 3D-printable hydroponics system. CONTRIBUTED

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With charges pending, 'glimmer of hope' gone for missing trio: Police

Tragic end to missing persons case. Police say five-year-old Nathan O'Brien, Alvin Liknes and wife Kathryn Liknes were murdered

JEREMY NOLAIS
Metro in Calgary

Three-year-old Gabriel Potter dropped a bouquet of flowers Monday on a makeshift memorial for Calgary youngster Nathan O'Brien and his grandparents, Alvin and Kathryn Liknes. Any "glimmer of hope" that the missing trio would be found alive has faded away.

Young Gabriel had offered in recent days to hop aboard his "Super Thomas" bike and join in the search for five-year-old Nathan, who was last seen with the Likneses at their Parkhill home on June 29.

After two weeks and few clues released publicly, police said Monday they now believe the three were murdered and expected to lay charges against a suspect from Airdrie, a community north of Calgary, as of press time.

"I think it's safe to say that, even as the days went by, there's always a hope — there's always a glimmer of hope — and, unfortunately, with the laying of the charges, we've taken that hope away from the family," said Calgary Police Chief Rick Hanson.

The news was heartbreaking for Gabriel's mother, Joscelyn Potter, and millions of others who'd followed the case.

"He's our everything. We look at him and we see that boy," Joscelyn said of her son. "As parents, you see your child in it and empathize, but you certainly cannot to begin to comprehend what their days must be like."

Family members had issued public pleas for the safe return of their loved ones. Now, they will be left to prepare memorials as the search for the bodies of the Liknes couple and young Nathan continued.

"I love my sister; she was a great gal," said Randy Prevost, Kathryn's older brother. "Always a good girl, man, heartwarming. She was always there to help — just that kind of person." WITH FILES FROM ROBSON FLETCHER/METRO IN CALGARY AND THE CANADIAN PRESS

A memorial cropped up on the front lawn at the Parkhill-area home of Alvin and Kathryn Liknes, who, along with five-year-old Nathan O'Brien, went missing two weeks ago. JEREMY NOLAIS/METRO IN CALGARY

Investigation

Suspect in custody

On Tuesday around 1:30 a.m. police took the suspect into custody on a property near the Garland acreage, where officers had been searching for clues for over a week.

Hanson said he couldn't identify the suspect until he'd appeared before a justice of the peace, but family members told Metro they'd learned Monday that Douglas Garland, the lone identified "person of interest" in the investigation, had been re-arrested.

Family members have said they're aware of business dealings between Garland and Alvin Liknes a few years ago.

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Khadr loses bid to toss convictions

Canada's Omar Khadr has lost his bid to have his war-crimes convictions tossed after the U.S. government argued a previously secret memo that raised questions about the legal underpinnings of his prosecution was irrelevant to his case.

The decision by the military commission appeals court — which has so far refused to hear arguments on the merits of Khadr's appeal — means the former Guantanamo Bay prisoner will have to wait even longer to make his case to a regular American court.

Also Monday, the U.S. Circuit Court of Appeals for the District of Columbia set aside two of three convictions against Ali Hamza al-Bahlul, who did media relations for terrorist mastermind Osama bin Laden.

The court found the military commission did not have the authority to try him for conduct that wasn't considered a war crime before 2006.

Khadr's lawyers have made similar arguments, and the military commission appeals court was waiting for the al-Bahlul decision before holding any hearings on the Canadian's appeal.

It was not immediately clear how the decision might impact Khadr's case. THE CANADIAN PRESS

Omar Khadr appears in court on Sept. 23, 2013 in an artist's sketch. AMANDA MCROBERTS/THE CANADIAN PRESS

San Fermin festival

Bull gores three men in Pamplona

A bull gored two Australians and a Spanish man, spreading panic in a hair-raising final running of the bulls at Spain's San Fermin festival on Monday in Pamplona.

There were spine-chilling moments when one bull separated from the pack and charged three runners, pinning them against walls and barriers while trying to gore them. THE ASSOCIATED PRESS

Fruitland Park, Fla.

Two police tied to KKK, report says

A city official says two police officers in Florida are no longer with the department after a law-enforcement report tied them to the Ku Klux Klan.

Fruitland Park city manager Gary La Venia said Monday that Deputy Chief David Borst resigned and officer George Hunnewell was fired. He added the city has been rocked by the allegations. THE ASSOCIATED PRESS

Cost of $2 billion US

Costa Concordia refloated

The shipwrecked Costa Concordia was successfully refloated Monday in preparation for towing it away for scrapping, 30 months after it struck a reef and capsized, killing 32 people.

Floating the Concordia to Genoa, where it will be scrapped, will cost a total of 1.5 billion euros (US$2 billion), Costa Crociere CEO Michael Tamm said. THE ASSOCIATED PRESS

Israel, Hamas consider three-step ceasefire plan proposed by Egypt

Palestinians walk on the rubble of a house following an overnight Israeli missile strike in Rafah, southern Gaza Strip. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

At least 185 dead. Israel launched an offensive in Gaza on July 8, saying it was responding to weeks of rocket fire from Hamas

Egypt presented a ceasefire plan Monday to end a week of heavy fighting between Israel and Hamas militants in the Gaza Strip that has left at least 185 people dead, and both sides said they were seriously considering the proposal.

The late-night offer by Egypt marked the first sign of a breakthrough in international efforts to end the conflict.

Hamas' top leader in Gaza confirmed there was "diplomatic movement," while Israel's policy-making Security Cabinet was set to discuss the proposal early Tuesday. Arab foreign ministers discussed the plan Monday night in Cairo, and U.S. Secretary of State John Kerry was expected in the region Tuesday.

Israel launched the offensive on July 8, saying it was a response to weeks of heavy rocket fire out of Gaza.

The Health Ministry in Gaza said 185 people, including dozens of civilians, have been killed and more than 1,000 people wounded. There have been no Israelis killed, although several have been wounded by rocket shrapnel, including two sisters aged 11 and 13 who were seriously hurt Monday.

Egypt's Foreign Ministry announced the three-step plan starting with a temporary ceasefire to go into effect within 12 hours of "unconditional acceptance" by the two sides. That would be followed by the opening of Gaza's border crossings and talks in Cairo between the sides within two days.

THE ASSOCIATED PRESS

Analysis

Placards lie on the ground in Beirut after a protest against the Israeli offensive in Gaza, on Monday. HUSSEIN MALLA/THE ASSOCIATED PRESS

Hamas sends first drone into Israel

A Hamas drone launched Monday into Israel marked the Islamic militant group's latest effort to catch the Israeli military off-guard. But like the others, it had little impact on the battlefield.

Israel shot down the drone, but it represented a new level of sophistication for Hamas. It was the first time Hamas has launched a drone into Israel, though military officials say they knew the group has had the technology for some time. Israeli airstrikes have in the past targeted suspected drone facilities in Gaza.

Malala pleads for return of missing Nigerian 'sisters'

The Pakistani teen who survived a Taliban assassination attempt in 2012 marked her 17th birthday Monday with a visit to Nigeria and urged Islamic extremists to free the 219 schoolgirls who were kidnapped there, calling them her "sisters."

Malala Yousafzai, who has become an international symbol for women's rights in the face of hard-line Islam, met Monday with Nigerian President Goodluck Jonathan.

She said Jonathan promised to meet for the first time with the abducted girls' parents.

"My birthday wish this year is 'Bring Back Our Girls' now and alive," she said, using the social-media slogan that has been picked up around the world to demand freedom for the girls, who were abducted by the extremist group Boko Haram in April from a school in the remote northeast Nigerian town of Chibok.

Malala appealed directly to their captors as she held hands with some of the girls who escaped.

"Lay down your weapons. Release your sisters. Release my sisters. Release the daughters of this nation. Let them be free. They have committed no crime."

She added: "You are misusing the name of Islam.... Islam is a religion of peace."

Malala also spoke against the custom of child brides in her home country, a tradition common in Nigeria, too. Boko Haram has threatened to sell some of the girls as brides if its fighters are not freed.

"Protect girls from cruelty," she said in a speech, explaining that girls should not be forced to marry or to leave school to become brides "when they should be girls" or to give birth to children "when they themselves are children."

THE ASSOCIATED PRESS

Pakistani activist Malala Yousafzai, left, poses for a photograph with Nigerian President Goodluck Jonathan in Abuja, Nigeria, on Monday. THE ASSOCIATED PRESS

Bridge bombing

Suspected Islamic extremists bombed a major bridge on a northeast Nigerian highway, further limiting access to base camps in the Sambisa Forest, where scores of kidnapped girls are believed to be held captive, said witnesses and the leader of a group fighting Boko Haram on Monday.

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Child labour.
Samsung has cut ties with Chinese supplier

Samsung Electronics Co. said it has suspended business ties with a Chinese supplier that allegedly hired children.

The South Korean company, which is the world's biggest smartphone maker, said on its blog Monday that it had found possible evidence of child labour and illegal hiring at Dongguan Shinyang Electronics Co.

Samsung said last week it would urgently look into the Chinese supplier following a New York-based watchdog's report that it hired at least five children under the age of 16.

China Labor Watch said children as well as minors under 18 worked at Shinyang for three to six months to meet production targets during a period of high demand. The watchdog said the child workers were paid for 10 hours a day but worked 11 hours. THE ASSOCIATED PRESS

Are you allergic to your iPad?

Itchy and scratchy show.
Apple's tablet computer and other tech devices may contain nickel, leading to a rash for those with an allergy

Unexplained rash? Check your iPad. It turns out the popular tablet computer may contain nickel, one of the most common allergy-inducing metals.

Recent reports in medical journals detail nickel allergies from a variety of personal electronic devices, including laptops and cellphones. But it was an Apple iPad that caused an itchy body rash in an 11-year-old boy recently treated at a San Diego hospital, according to a report in Monday's Pediatrics.

Nickel rashes aren't life-threatening but they can be very uncomfortable and may require treatment with steroids and antibiotics if the skin eruptions become infected, said Dr. Sharon Jacob, a dermatologist at Rady Children's Hospital, where the boy was treated. Jacob, who co-wrote the report, said the young patient had to miss school because of the rash.

The boy discussed in the Pediatrics report had a common skin condition that causes scaly patches but developed a different rash all over his body that didn't respond to usual treatment. Skin testing showed he had a nickel allergy, and doctors traced it to an iPad his family had bought in 2010.

Doctors tested the device and detected a chemical found in nickel in the iPad's outside coating.

"He used the iPad daily," Jacob said. He got better after putting it in a protective case, she said. Whether all iPad models and other Apple devices contain nickel is uncertain; Apple spokesman Chris Gaither said the company had no comment.

Microsoft also declined to comment on whether its devices contain nickel, said spokeswoman Ryan Bartholomew. THE ASSOCIATED PRESS

People look at Apple products at one of the company's stores in Paris, on December 20, 2013. PATRICK KOVARIK/AFP/GETTY IMAGES FILE

Nickel allergies

This photo shows a rash on an unidentified boy, 11, from a nickel allergy. AMERICAN ACADEMY OF PEDIATRICS/THE ASSOCIATED PRESS

Case reports in medical journals detail nickel allergies from personal electronic devices, including laptops and cellphones.

- Nickel rashes also have been traced to other common products including some jewelry, eyeglass frames and zippers.

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OMG! Price of cellphone service down ... but only for full-package deals

The price of basic wireless phone service in Canada has gone up 16 per cent since last year, but packages with more features have held steady or gone down, according to an annual study commissioned by Industry Canada and the CRTC.

Industry Minister James Moore said the report's findings show that average wireless prices have come down 22 per cent since 2008 and smartphone plans have fallen even further, with newer carriers substantially less expensive than the bigger, older carriers.

"We are encouraged by the findings revealed in today's independent report, which confirm that our policies for more choice and lower prices are working to support Canadian families," Moore said in a statement after the report was released Monday. THE CANADIAN PRESS

My, how times change. A text message is sent on a cellphone in 2010 in Montreal. THE CANADIAN PRESS

Market Minute

DOLLAR 93.33¢ (+0.17¢)

TSX 15,171.23 (+45.73)

OIL $100.91 US (+$0.08)

GOLD $1,306.70 US (-$30.70)

Natural gas: $4.15 US (-$001)
Dow Jones: 17,055.42 (+111.61)

Great Recession in U.S.

Citigroup agrees to $7B settlement over mortgages

Citigroup agreed Monday to pay US$7 billion to settle a federal investigation into its handling of risky subprime mortgages, admitting to a pattern of deception that U.S. Attorney General Eric Holder said "shattered lives" and contributed to the worst financial crisis in decades. THE ASSOCIATED PRESS

German automaker

Volkswagen to build new SUV in Tennessee

Volkswagen plans to build a new seven-passenger SUV at its factory in Chattanooga, Tenn., adding about 2,000 factory jobs as it tries to reverse U.S. sales that have fallen for the past two years. The German automaker announced Monday that it will invest US$600 million to expand the factory and set up a new research centre that will employ about 200 engineers. THE ASSOCIATED PRESS

XXXS AIN'T NOTHIN' BUT VANITY

SHE SAYS

Jessica Napier
metronews.ca

They say that size is just a number. And when it comes to clothing sizes, we all know that number is often open to interpretation depending on the brand.

American retailer J. Crew made headlines last week after announcing it would start offering its preppy fashions in a new XXXS size — a numeric size 000. Yes, that's right: THREE ZEROES. According to the brand's global conversion chart, the new smaller-than-ever size is equivalent to a 32 in Italy, a 1 in Japan and a 0 in Australia and the U.K.

Confused yet?

The retailer has been accused of taking vanity sizing to preposterous new extremes with the triple-digit innovation. A spokesman for J. Crew claims they are simply trying to address the demands of their customers in Asia who require smaller sizes.

I understand that clothing manufactures need to create garments for men and women in a diverse variety of shapes and sizes. But if they're trying to accommodate the needs of petite consumers, wouldn't it make more sense to shift the existing sizes upward?

Personally I find the whole trend toward unrealistic vanity sizing to be a bit patronizing. There's no need to make up new numbers and manipulate shoppers in order to sell us clothes. I mean, are women really dropping big dollars at certain stores just because they feel validated when they can squeeze into a size-nothing pencil skirt?

In my own closet I have dresses that range from size 2 to 10 and all of them fit me correctly. It's incredibly frustrating — not to mention an enormous waste of time — to haul three sizes into the fitting room every time I go shopping because I'm never sure if the store I'm in considers my body to be small, medium or large.

Why not categorize tops and bottoms based on their actual bust, waist and inseam measurements? Then again, experience has taught me that even labels with numerical inches don't measure up; size-28 jeans can vary drastically across different brands.

Large American chain stores seem to be the worst culprits when it comes to vanity sizing, while smaller boutiques and European retailers tend to list more accurate numbers that can sometimes feel like a rude awakening.

Establishing honest and standardized sizing regulations across all clothing retailers is a radical and impossible dream. Unfortunately, I think we're far more likely to see negative numbers and quadruple zeroes in the future before we see big brands concede to a logical solution that would — gasp — force women to buy a larger size.

Feeling like a nothing

Are women really dropping big dollars at certain stores just because they feel validated when they can squeeze into a size-nothing pencil skirt?

NO SWAN LEFT BEHIND

A mute swan is measured before being released during the annual Swan Upping census on Monday on the River Thames, South West London. The swans and young cygnets are counted and assessed for any signs of injury or disease. DAN KITWOOD/GETTY IMAGES

Annual Swan Upping census takes place on River Thames

This year's Swan Upping, the annual census of the swan population on the River Thames in England, departed Sunbury on Monday and ends at Abingdon, Oxfordshire, on Friday.

The Royal Swan Uppers travel in traditional rowing skiffs collecting data, assessing the health of young cygnets and examining them for any injuries.

The five-day census dates back to the 12th century, when the Crown claimed ownership of all mute swans.

Today, the Crown retains the right to ownership of all unmarked mute swans in open water, but the Queen exercises her ownership only on certain stretches of the River Thames and its surrounding tributaries. According to the Queen's swan marker, the swan population has been down in recent years due to disease and flooding that washed away nests, eggs and young cygnets, but the numbers for this year's census are promising so far.

TELEGRAPH.CO.UK

Mmmm, swan

The census started back in the Middle Ages, when swans were considered a food source and were served up at elaborate banquets for dignitaries and other people of wealth.

- Today, of course, swans are no longer eaten, and the census is undertaken strictly for conservation and educational purposes.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 10 in Scene and page 14 in Sports.

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1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Beach day takes bad turn

ANDREW FIFIELD
andrew.fifield@metronews.ca

There was some very strange summer weather in Russia's Ural region over the weekend.

In Chelyabinsk, which made headlines last year when an enormous meteor exploded in the sky above, temperatures dropped from more than 20 C to nearly zero on Saturday — an event capped off by a freak July snowstorm. More frightening, however, was this storm that crashed into Novosibirsk, Siberia. Overtaken by dark clouds, a Saturday of sun-soaked beach time quickly became a sandy, swirling mess that pelted people with painfully large hail as they fled for shelter. (YouTube)

NIKITA DUDNIK/THE ASSOCIATED PRESS

metro

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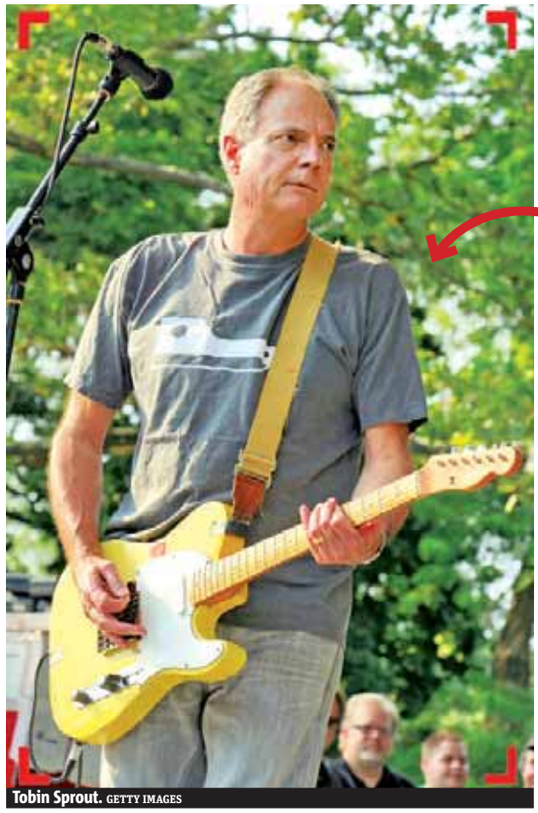
No end in sight for the Guided by Voices crew

Back with a bang. Indie band has had a prolific few years as Tobin Sprout returns to the fold ... and there's no sign of stopping

PAT HEALY
Metro Boston

In the new Guided by Voices video for Bad Love Is Easy To Do, on the Funny or Die website, comedians Rob Corddry and Brian Huskey play a feuding version of the band's chief songwriters, Robert Pollard and Tobin Sprout, respectively. They look like a gentle 1960s folk duo modelled after Simon & Garfunkel and they fight like brothers.

The song is a burst of saccharine guitar pop worthy of the term "classic lineup" that is being used to describe the GBV that reformed in 2010. Since reforming the band has been recording at a prolific clip that rivals their peak years in their first incarnation, releasing six full-length albums and a whole bunch of singles and EPs in four years. So really, then, how are band relations? "Things are going well," says Sprout, "we'll just go with that."



Tobin Sprout. GETTY IMAGES

It was just about 10 years ago that Bob announced with Half Smiles of the Decomposed that it was to be the last GBV album. Happily, he broke that promise, and when GBV re-formed, you were back in the fold. Do you think there is an end point to Guided by Voices?

There is no end point now. Working on the next GBV album. We plan to record in the fall. I also have a solo coming out called The Universe And Me. We are also seeing younger fans at the shows like 6 years old to 12 and 14, singing all the words! It's really something to see that, moms and dads holding their kids, singing together.

Did you ever go to GBV shows as a spectator during the years that you weren't in the band?

I saw pretty much every lineup. Mostly would see them when they played Grand Rapids.

When you did come back to GBV, what was the moment when you knew that it was the right thing to do?

I think it was the right thing to do when I left the band in '96 to be home with my family. It was hard to see GBV go on without me but I'm glad I got to see my kids grow up. It feels a bit like karma that it's gone full circle now, thanks in part to Matador (GBV's label during their formative years).

The most powerful visual for Robert Pollard's songwriting I've ever heard is that line about a suitcase with more than 1,000 songs in it. Have you ever seen the legendary suitcase?

I saw it a long time ago, pre-CDs, some were even on small reel to reel. I remember Bob had a recorder he borrowed from his school, it sounded really good. One mic one track.

While we're talking numbers, how many beers would you estimate that GBV has drank onstage over the years?

I have no idea! Too many to count.

AUGMENTED REALITY

→ If you haven't seen the Funny or Die video lampooning Guided by Voices, scan this photo using your Metro News app. Its full of laughs!

metro AR

→ See the full instructions on Metro's Voices page.

DVD review

The Raid 2

Director. Gareth Evans

Stars. Iko Uwais, Yayan Ruhian

In the original The Raid, action star Iko Uwais was a beacon of light shining from a dark tower. As good cop Rama, trapped in a Jakarta apartment building teeming with gangsters and corrupt police, he fought his way up one floor at a time. It was exhilarating to watch. By opening the action up to the entire city for the sequel, there's less claustrophobia and also less excitement. Writer/director Gareth Evans tries to compensate for this by having Rama pummel his way out of innumerable squeezes, including a prison toilet stall and a speeding car, but it just isn't the same. The decision to reduce the thrills while upping the gore was the wrong way to go. This once promising franchise may have announced its own epitaph in the words of one combatant: "I'm done." Extras include one deleted scene and several making-of featurettes.

PETER HOWELL

Television

Bey and Jay tour headed to HBO

HBO is to air a concert special this fall as part of Beyoncé and Jay Z's ongoing On the Run tour.

The program will be filmed during the duo's concerts at the Stade de France in Paris on September 12 and 13 — their only scheduled dates outside North America and the last shows of the tour. Paris was previously the setting of Beyoncé and Jay Z's video for Partition, filmed at the city's Crazy Horse cabaret.

More than 40 songs will be featured in the TV special, which was announced at the Television Critics Association Press Tour on Thursday and reported by Deadline.

Both stars have partnered with HBO on numerous occasions: Jay Z aired his performance art video Picasso Baby on the channel last August, while Beyoncé partnered with the network for her 2013 documentary Life Is But a Dream and is currently starring in a 10-episode miniseries on the channel called X10 featuring clips from her Mrs. Carter Show World Tour.

AFP

Robin Thicke
GETTY IMAGES

Robin Thicke. Aussie ears are deaf to singer's pleas for ex-wife Paula

Robin Thicke — who we would like to remind you had an international mega-smash last year with Blurred Lines — has reportedly only sold 54 copies of his latest release Paula, in Australia. You might think, "Oh, well, maybe they just don't get him Down Under," but you'd be wrong. The Blurred Lines single went eight-times Platinum in Australia in 2013.

But according to news.com.au, Thicke's album pleading for his wife back just did not resonate quite the same way in its first week of release. To put it in perspective, when a recording goes Platinum in Australia, it means it has sold 70,000 units, which is a bit different from the U.S. designation of Platinum, which means it has moved a million units. This means that 0.00009643 per cent of the people who bought Blurred Lines in Australia have bought Paula. PAT HEALY/METRO

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Will a stage and a spotlight help us to take Lindsay seriously?

Lindsay Lohan just wants to be considered a serious actress, guys. Just after announcing her West End stage debut — in David Mamet's Speed the Plow — later this year, Lohan tells the BBC she wants to be taken more seriously. "People have certain perceptions of me. For a long time, people looked at me as kind of a celebrity, which is something I never wanted," she says, saying that she's turning to the London stage "so that people can focus on the fact that I'm in this industry because I'm an actress and an artist and not just someone you take photos of."

Gwyneth Paltrow

Gwyneth at Tiffany's? Twitterverse takes aim at Paltrow for impersonation

As is the way of things, Gwyneth Paltrow did something, so people are complaining about it. The Goop guru and criticism lightning rod got gussied up as Audrey Hepburn for a Max Factor makeup campaign to pay tribute to the Breakfast at Tiffany's star. And let's just say folks were not pleased. She also dressed up as Brigitte Bardot, Farrah Fawcett and good buddy Madonna, but no one seemed to mind that. Audrey Hepburn, though? Yikes. Here are some of the juicier Twitter Hepburn-related reactions:

@DestineeDouty: "She's not even half the woman Audrey Hepburn was."

@Jaspiehorn: "She's not pretty enough to be Audrey!"

@mariamzadeh: "Worst casting ever! Gwyneth could never play Audrey."

@lainieamber: "the funniest thing I have heard all day."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl's perilous path toward a more pleasing public persona

NED EHRBAR
Metro World News in Hollywood

While presenting her new series, State of Affairs, to TV critics this week in Los Angeles, Katherine Heigl was asked point-blank about those pesky reports that she's "difficult to work with." Katie, don't do it! It's a trap! There is no good way to answer this! Oh drat, here we go: "I can only say that I don't see myself as being difficult and I don't intend to be difficult," she responded. "I think it's always important to everybody to conduct themselves professionally and respectfully and kindly. So if I have ever disappointed somebody, it was never intentional."

Here's the problem, Katie. All anyone takes away from that answer is, "I don't see myself as being difficult," which just makes you sound more difficult but also now a bit affronted. This kind of public image nightmare you've had going on for a while now is like quicksand. The more you struggle, the worse it gets. No matter what you say about your reputation for being difficult, it will only reinforce people's idea that you're difficult. I don't necessarily know what the answer is. Maybe you should be more of a klutz in public or get a new puppy or something. Or just, you know, stop talking.

Kate Middleton and Prince William

Tabloids continue to tease with tales of a royal return to the maternity ward

If InTouch Weekly is to be believed, Prince William and Kate Middleton are getting a spare heir all of their own, as Middleton is reportedly pregnant with their second child. Oh, and the tabloid also says she's battling anorexia and "can't stop losing weight." The Duchess of Cambridge has apparently been cancelling appearances and making emergency doctor visits, with Prince William in a panic. They looked fine last week watching the Wimbledon finals with David and Victoria Beckham, though. Royal insiders have insisted that with first son George turning one this month, William and Kate have been trying for another baby this summer.

Shia LaBeouf

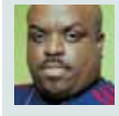
I wish him Mel: Shia's got a friend in Gibson

Despite all his recent troubles, Shia LaBeouf has at least one supporter in his corner, though it may be a mixed blessing. "When I see someone like Shia LaBeouf with the bag on his head and stuff, my heart goes out to the poor guy," Mel Gibson tells Indiewire, referencing LaBeouf's "I'm not famous anymore" stunt from earlier this year. "I think he's suffering in some way, or why would he do that?" He's actually suffering in several ways, having been arrested in New York last month and reportedly seeking rehab treatment. "People are inclined to point the finger at him and say like, well he's this, that or the other," Gibson elaborates. "It's easy to judge. But I'm sure he's going through some kind of personal, very painful, cathartic thing that he has to exorcise and get out there. He'll probably play it out and come back, whatever it happens to be. He'll be all right. I actually like the kid. I think he's good."

Twitter

@rihanna
I touched the cup, held the cup, kissed the cup, took a selfie wit the cup!!! I meeeaan..... what is YO bucket list looking like bruh?

@NiallOfficial
Congratulations to Germany! Totally deserved to win it! The most exciting team to watch!



@CeeLoGreen
Chipotle.

Caution: Dangerous curves ahead

Fitness. Two experts weigh in on obtaining the seemingly elusive hourglass figure

IZABELA SZYDLO
life@metronews.ca

Lyzabeth Lopez, personal trainer and owner of Hourglass Workout, performs a squat. WENDI SATIO

If abs are made in the kitchen, curves are carved out in the gym's weight training section.

And despite misconceptions that women will end up looking like Arnold Schwarzenegger if they lift weights, it is physically impossible to do naturally. "It will never happen accidentally," says Lyzabeth Lopez, award-winning personal trainer, holistic nutritionist and owner of Toronto-based fitness facility Hourglass Workout, which helps women attain the hourglass silhouette. "You need to be supplementing properly and training hard to gain a body builder's physique."

Your approach to curves will, however, depend on whether you are slim and wish to gain curves or are curvy and wish to accentuate your curves.

Creating Curves

Lynn Calmeira is a certified personal trainer, TRX suspension training team coach and boot camp instructor in Ajax, Ont.

She says slim women wanting curves must be prepared to get off the treadmill. "You can do cardio like a hamster on a wheel but unless you lift, your body will never be shapely," she says.

She recommends a 10-minute warm-up; weight lifting with an alternating focus on the upper or lower body for each session, and 20 minutes of high intensity interval training to finish. Add to that formula "periodization" and patience, and you will see results, she insists.

"Periodization means you take a month to go into a build phase," Calmeira explains, "during which you lift a little bit heavier and do fewer repetitions. After that month, you lower the weight and increase your reps to chisel that muscle you built. First you're building, then you're shaping."

Among her favourite curve-creating workouts, Calmeira includes power moves such as squats and dead lifts. "It is hard for women to gain curves, so when you decide to do it, it's just lift, eat clean, lift, eat clean," she sums up.

Accentuating Curves

If you have Kim Kardashian curves hiding under a layer of fat, there is no reason to build (or "bulk"). Instead, you want to take off fat while sculpting the muscle underneath.

Lopez, who also offers an online program called Train with Lyzabeth, explains, "You can't just say keep (the fat) here, go away there. Instead, you focus on isolated and compound movements, especially for your glutes. You go heavy enough and you do enough sets to make sure the muscles are growing. So, everywhere is getting slimmer but your bum is staying the same size, making it look bigger and giving you the hourglass silhouette."

Developing your glutes may not mean doing heavy squats either. If you have thick thighs and want them to get thicker alongside your butt, heavy squats are for you. If, however, you want lean legs and a round bum, Lopez recommends a different approach. "We do Pilates in class, which gives a lean, long look to the leg. Then we do isolated glute movements and work the posterior chain."

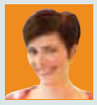
Among effective exercises for curvy women, Lopez lists lunges (she rotates 20 types), plyometric movements (box jumps) and heavy moves (dead lifts, cable glute kickbacks).

Be wary, Lopez cautions, of reversing your progress during cardio. She says running without an incline on a treadmill will flatten you booty. Instead, she and Calmeira agree that the stair climber is a great form of cardio because, in addition to training your heart, it works the thighs and glutes.

Shrimp make a splash in quinoa, arugula and asparagus salad

Health Solutions

Prepare for nutritional lift-off with this healthy rocket



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Arugula is one of the most versatile greens in the produce aisle.

It is frequently used in both hot and cold dishes at Ste. Anne's Spa in Grafton, Ont., where fresh and nourishing is a key priority.

Chef Christopher Mark says the secret to spa food is "to serve small portions of highly nourishing food with intense flavours throughout the day."

The idea being that high-nutrient, delicious food sustains and supports all that cleansing and resting we so desperately need.

Arugula is sometimes called rocket for its shape and zippy taste and there are loads of ways to work it in:

- Top a pizza just as it comes out of the oven
- Stir into any soup at the last minute
- Use alone or as a mix in salads
- Add to grain side dishes to stretch the carbs and add flavour
- Use as a fresh herb to top pasta dishes
- Add a handful to smoothies in place of spinach or kale

What all dark leafy greens have in common is fibre, vitamin K and A. But they also serve up more eye-protecting zeaxanthin and lutein than carrots.

Bugs Bunny would probably have looked funny carrying around a handful of arugula, though; best he stuck with carrots. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Salad Spotlight.
Metro's week of lightening your plate continues with the perfect hint of seafood

THERESA ALBERT
myfriendinfood.com

Shrimp is one of the quickest weeknight meals around, and the quinoa salad that goes with it here is perfectly complemented by sweet quinoa and peppery arugula.

Use raw black tiger shrimps that have been peeled and deveined. Thaw shrimp running under cold water for 10 minutes if it's frozen, then dry using paper towels.

Chef Christopher Mark at Ste. Anne's Spa in Grafton, Ont. says he uses arugula here for its surprising but soft bite, which pairs well with sweet berries.

Pan-seared Shrimp, Quinoa, Baby Arugula Garden Asparagus Salad with Raspberry and Balsamic Compote serves four. THERESA ALBERT

Ingredients

Raspberry and Balsamic Compote
- 1/2 cup balsamic vinegar
- 1 tbsp honey
- 1 pint fresh raspberries

Quinoa and Asparagus Salad
- 3 cups water
- Bunch (1/2 lb) garden asparagus, trimmed and cut into 2-inch pieces
- 1 cup red quinoa
- 6 cups arugula (1 1/2 per person)
- Dollop of butter
- 1 lb black tiger shrimp, peeled and deveined (thawed if frozen)
- Salt and pepper, to taste
- 2 yellow bell peppers, sliced
- 1 cup grape tomatoes

1. Add balsamic vinegar to a small pot and begin to reduce over medium heat. After about 5 mins., the vinegar will take on a syrup consistency. When it does, add honey and raspberries. Mix and let simmer until raspberries have cooked and broken down for 5 more minutes.

2. Bring 3 cups of water to a boil, drop asparagus pieces into pot to blanch for 2 minutes. Remove with a slotted spoon. Place quinoa into same pot and bring to a boil; reduce to a simmer for approximately 15 mins. Season with salt and pepper. Stir in raspberry compote and cooked asparagus.

3. Wash baby arugula and let air dry on top of a clean kitchen cloth or paper towel.

4. Preheat a pan over medium heat for approximately 1-2 minutes. Add a dollop of butter to the pan and place shrimp in. Lightly season with salt and pepper. Flip sides after 2 mins. and cook for another 2 mins.

5. Place 1 1/2 cup baby arugula on each plate followed by some quinoa mixture, bell peppers, tomatoes and shrimp.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

A spotlight-stealing barbecue sauce

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 1/2 cups water
- 12 oz pearl couscous
- Kosher salt
- 1 English cucumber, diced
- 1/2 small red onion, minced
- 2 cloves garlic, minced
- 3 tbsp chopped fresh cilantro
- 1 tbsp olive oil
- Juice of 1 lemon
- 2 lb jumbo raw shrimp, peeled
- 1/2 cup sauce (see recipe below)
- 4 oz crumbled feta cheese

Maple-Bourbon Barbecue Sauce
- 6-oz can tomato paste
- 1 cup bourbon
- 1/2 cup each cider vinegar, packed brown sugar, maple syrup
- 1/4 cup soy sauce
- 2 tbsp each molasses, Worcestershire sauce, Frank's Red Hot sauce
- 2 tbsp each smoked paprika, garlic powder, onion powder
- 1 tsp each ground cumin and mustard powder

1. In saucepan over medium-high, bring water to boil. Add couscous and 1 tsp salt. Stir, cover and reduce heat to simmer. Cook 10 mins, or until the couscous is plumped and tender and all of water is absorbed. When couscous is done, transfer to bowl. Set in refrigerator to cool for about 15 mins.

2. Once couscous cools, add cucumber, onion, garlic and cilantro. Toss then drizzle with olive oil and lemon juice. Toss, season with salt and divide between 6 serving plates.

3. Coat grill grates with oil or cooking spray, then heat the grill to medium-high.

4. Thread shrimp onto bamboo skewers, 7 shrimp per skewer. Use pastry brush to lightly baste shrimp with half of the barbecue sauce. Grill shrimp 3 minutes per side, or until just pink and firm. Set skewers of shrimp over each serving of couscous. Sprinkle each serving with feta cheese.

Maple-Bourbon Sauce

1. In saucepan over medium-high, whisk all ingredients. Bring to simmer, then lower the heat to just maintain a gentle simmer. Cook until thickened and reduced by half, about 20 mins. **THE ASSOCIATED PRESS**

Tom Renney

Hockey Canada rumoured to name new CEO

Tom Renney will be named Hockey Canada president and CEO, a source tells The Canadian Press.

Renney, who previously was an associate coach on Mike Babcock's staff with the Detroit Red Wings, will replace Bob Nicholson, who resigned earlier this year.

The announcement is expected to take place Tuesday afternoon in Calgary.

Renney is a well-respected hockey figure with 17 years of coaching experience in the NHL, WHL and internationally. He spent the past two seasons with the Red Wings.

THE CANADIAN PRESS

Tour de France

Nibali recovers yellow jersey

After just 10 stages, a second pre-race favourite has crashed out of the Tour de France. While two-time champion Alberto Contador fractured his shin, Italy's Vincenzo Nibali recovered the yellow jersey on Monday. THE ASSOCIATED PRESS

Italy's Vincenzo Nibali.
GETTY IMAGES

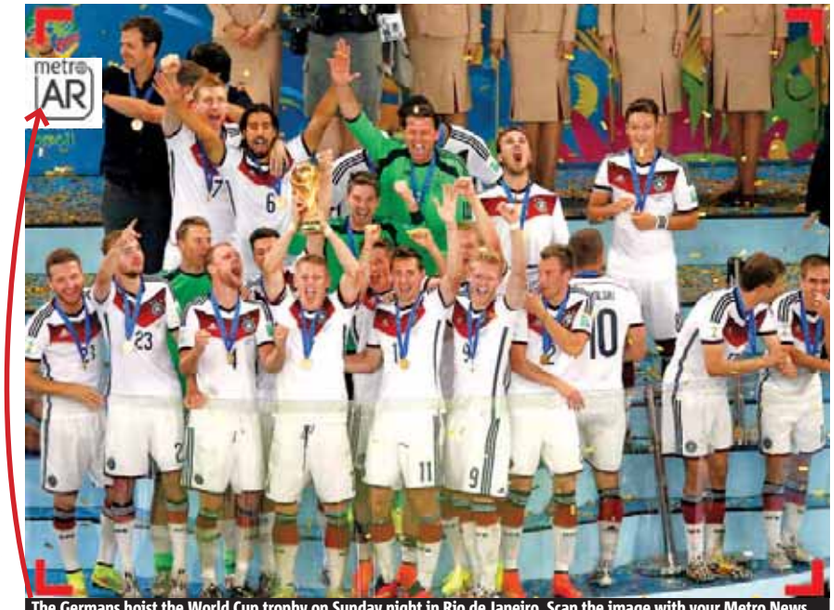
Manchester United

$1.4B

Manchester United secured a record-breaking $1.4-billion sponsorship deal with Adidas on Monday, signalling the club's enduring global appeal despite its worst Premier League campaign and strengthening its financial muscle for player transfers.

Lame on the pitch, great off it

Brazil beats all odds. Shockingly humiliated at soccer, hosts pull off a surprisingly well-organized World Cup



The Germans hoist the World Cup trophy on Sunday night in Rio de Janeiro. Scan the image with your Metro News app for a recap of the top moments from the last month in Brazil. FABRIZIO BENSCH - POOL/GETTY IMAGES

For Brazil, it was the upside-down World Cup.

Brazilians lost at what they were certain they would win — soccer — and won where so many expected failure: organization.

For years, the country's government has endured grueling criticism from FIFA over severely delayed stadiums. Leaders rode out a wave of protests last year over billions spent on the tournament despite poor public services. Foreign tabloids warned fans of man-eating snakes and violence, while domestic newspapers grilled officials over every imaginable aspect of Cup preparations.

Serious doubts remain about corruption related to World Cup works, whether the country will see economic benefits from hosting the games and whether dozens of infrastructure projects promised as the biggest legacy of the event will ever be completed.

But there is no question that the world saw a smoothly run, exuberant sporting spectacle surpass all expectations.

"I think it's been awesome," said Scott Zapczysky, a 39-year-old jiu-jitsu instructor from Michigan, as he took in the final match at the Fan Fest on Copacabana beach Sunday night. "I thought it was going to be an enormous disaster, to be honest. But it looks good. I think people are really happy."

Brazilians would disagree with him on one point: they were crushed by their team's historic 7-1 loss in the semi-finals, followed by a 3-0 drubbing in the consolation game.

Still, President Dilma Rousseff took clear delight in the Cup's success and in handing her critics a plate of humble pie. THE ASSOCIATED PRESS

Quoted

"I would have liked to bring you back the Cup and to be able to enjoy it. We tried, we gave it our all but we couldn't achieve it."

Lionel Messi upon returning to Argentina on Monday

"Brazilian football has to evolve in general."

Brazilian right back Daniel Alves after Brazil's dismal end to its home World Cup

"I am not at all happy with the way we fought against racism."

FIFA president Sepp Blatter on how racism incidents were dealt with at World Cup

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– DORINA
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AUGMENTED REALITY

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Certain people have been difficult to deal with of late and the situation is unlikely to improve until the end of the week. Stay calm. Everything moves in cycles.

♉ Taurus
April 21 - May 21
The more others try to persuade you there is nothing to worry about the more you wonder what they are trying to hide. The planets suggest you need to be careful.

♊ Gemini
May 22 - June 21
Even if your current situation is not as good as you would like it to be it won't be long before it improves, so don't be so pessimistic.

♋ Cancer
June 22 - July 23
You know what needs to be done – now all you have to do is do it. If you don't act now a golden opportunity will pass you by.

♌ Leo
July 24 - Aug. 23
Stop worrying about all the things that could go wrong in your life and start looking forward to all the things that will surely go right.

♍ Virgo
Aug. 24 - Sept. 23
Take care when dealing with money matters and business issues. Whatever else you do or don't do today don't let anyone make important financial decisions for you.

♎ Libra
Sept. 24 - Oct. 23
Your situation is not as bad as you think and what happens over the next week will prove it. Make a conscious effort to look on the bright side.

♏ Scorpio
Oct. 24 - Nov. 22
It might be wise to keep some of your more outrageous opinions to yourself over the next 24 hours. Not everyone shares your ability to see what is really going on in the world.

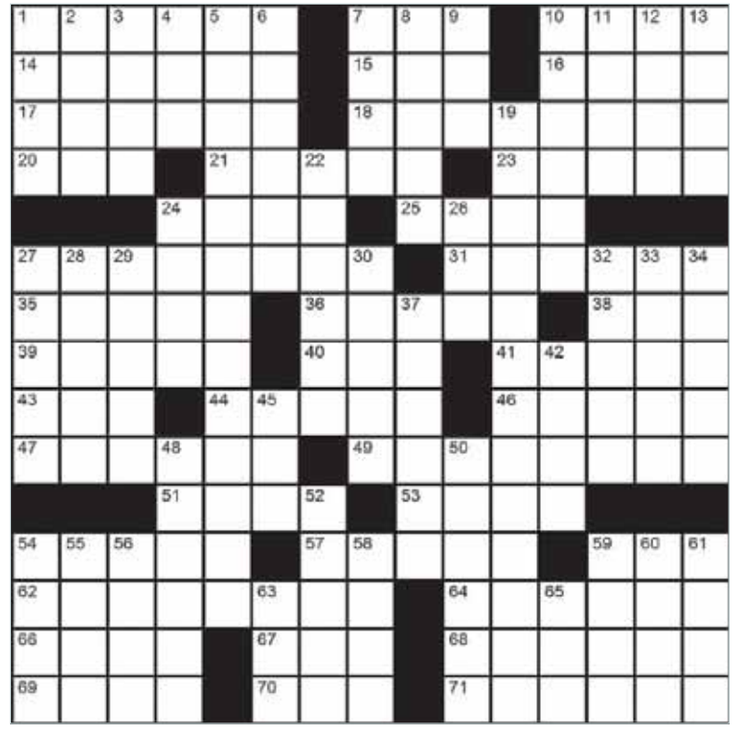
♐ Sagittarius
Nov. 23 - Dec. 21
Someone seems to believe that you are an easy touch. Are they in for a shock! It's time to be a bit more miserly, both with your affections and your money.

♑ Capricorn
Dec. 22 - Jan. 20
Don't feel bad if life seems to be rather low key just now. Things are sure to pick up as the week progresses Be patient and wait for your chance to shine.

♒ Aquarius
Jan. 21 - Feb. 19
What you say and do over the next 24 hours will remind certain individuals you are not eager to conform. They won't take you for granted again!

♓ Pisces
Feb. 20 - March 20
All things are possible if you believe in yourself. Keep that thought in mind today and you might just accomplish something out of the ordinary.

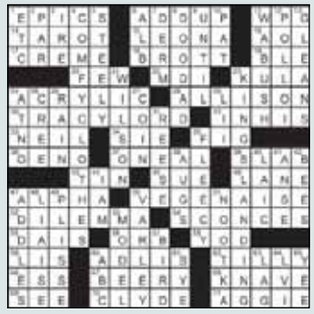
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Nickname of Ryan Reynolds' first actress wife
7. Kilos opposites
10. Invitee's official 'yes'
14. Particular planet
15. Battery size
16. Vitality [abbr.]
17. Quagmire
18. The __ __ (1945 novel by Gabrielle Roy)
20. Crime-fighting force in Ontario
21. Microwave device
23. Scheming Shakespeare roles
24. Questionable
25. Adroit
27. Cathedral's frightful spout
31. Prefix to 'scope' (Doctor's instrument)
35. "I'll have _ __." (Bar order)
36. Love Story author Mr. Segal
38. Conger __
39. Oyster jewel
40. Human with a habit?
41. Sticks
43. "Lucky Man" gr.
44. Skillful
46. Purpose
47. Fireman's forte
49. "Surfin' Bird" by The __
51. Prefix to 'culture'
53. Jim Davis dog
54. "SCTV" character Ms. Prickley
57. "Suddenly __"
59. Graduate's degree, e.g.
62. Saskatchewan village, seemingly a gardener's delight
64. Frozen sweet treat
66. "..._ __ take arms against a sea of troubles..." - Hamlet
67. Comedian Mr. Sparks
68. "The Jeffersons" star Ms. Sanford
69. Tailoring line
70. "__ La La" by Manfred Mann
71. Lake Ontario city

Down
1. __ wrestler
2. Farmer's yield
3. U.S. 50+ org.
4. Cellular stuff
5. Montreal comedy festival: 3 wds.
6. Harden into bone
7. Behind
8. John __, Canada's Foreign Affairs Minister
9. __ Antonio, Texas
10. Empathize
11. Close-fitting
12. Nix
13. Top exec.
19. 1970 novel by Robertson Davies: 2 wds.
22. Montreal-born actress, __ Dinh-Robic
24. Bob __, Disney CEO
26. Techie bailout key
27. Visibly starstruck person
28. White poplar tree
29. Harvests
30. Combust
32. ___ _ (Coffee break time)
33. Foliaged fence
34. Actress Elizabeth
37. Puny prefaces
42. "This __ __..." (Man's phone reply)
45. __ Spiegel (German news magazine)
48. Feline's world, say
50. Leisurely music tempo
52. Basketball great Mr. Thomas
54. Some are inflated
55. __, __, mi, fa...
56. Speck
58. "The Producers" (2005) role
59. The Who's "__ O'Riley"
60. Goulash
61. Pop
63. Canadian actress Sandra, and surnamesakes
65. __-di-dah

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6	1		4				2	9
7	2		8		1	3		
		3			6			8
1						8	5	
5			7		2			3
	7	4						6
2			1			9		
		5	9		4		7	1
9	6				7		8	2

Yesterday's Sudoku

8	5	7	9	3	2	1	6	4
9	2	4	6	8	1	3	7	5
1	6	3	4	5	7	2	8	9
6	4	1	2	9	8	5	3	7
5	8	2	7	6	3	9	4	1
3	7	9	5	1	4	6	2	8
2	1	8	3	7	5	4	9	6
7	3	6	1	4	9	8	5	2
4	9	5	8	2	6	7	1	3

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2010 Chevrolet Cobalt SS

$9,970 • 70,011 km • Stk: # 35890

2012 Kia Forte LX

$12,830 • 53,100 km • Stk: # 35234

2012 Chrysler Town & Country

$24,820 • 31,603 km • Stk: # 35703

2012 Chevrolet Impala LS

$12,960 • 60,800 km • Stk: # 35518

2012 Honda CR-V LX

$24,880 • 26,724 km • Stk: # 34881 USA

2011 Ford Escape XLT

$12,640 • 127,796 km • Stk: # 35607

2013 Toyota Tundra

$31,950 • 26,202 km • Stk: # 35312 USA

2012 Toyota Avalon XLS

$27,900 • 24,473 km • Stk: # 34457 USA

2011 Mitsubishi Outlander

$16,890 • 62,192 km • Stk: # 35690

2009 Hyundai Santa Fe GL

$11,830 • 110,667 km • Stk: # 35925

2010 Toyota Corolla CE

$8,320 • 74,900 km • Stk: # 35921

2012 Chevrolet Sonic LT

$12,980 • 56,212 km • Stk: # 35247

2011 Mitsubishi RVR SE

$14,860 • 47,410 km • Stk: # 35908

2009 Nissan Sentra XTRONIC CVT

$8,860 • 109,670 km • Stk: # 35736

2010 Subaru Impreza

$13,850 • 87,407 km • Stk: # 36006

2014 Jeep Gr Cherokee LTD

$39,630 • 18,596 km • Stk: # 35927

2011 Nissan Versa HATCHBACK

$9,860 • 37,683 km • Stk: # 35854

2008 Toyota Yaris HATCHBACK

$5,740• 137,104 km • Stk: # 35218-A

2013 Nissan XTerra

$27,340 • 38,536 km • Stk: # 35944

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